



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"We Enrich Lives Through Quality Parks and Programs"



3585 Governor Drive ♦ San Diego, CA 92122

(858) 552-1653 ♦ [www.sandiego.gov](http://www.sandiego.gov)

## Fall / Winter

### SEPTEMBER 7- DECEMBER 31, 2010

#### LAP SWIM

Mon/Wed/Fri	8:00am-10:00am*
	11:30am-1:30pm
Mon/Wed	5:50pm - 7:00pm*
Tue/Thurs	3:30pm - 7:00pm*
Saturday (until October 23)	12:00pm-3:00pm

#### RECREATIONAL SWIM

Mon/Wed/Fri	11:30am-1:30pm
Mon-Thu	6:00pm-7:00pm*
Saturday (until October 23)	12:00pm-3:00pm

\*Limited lane and space available.

#### FACILITY ADMISSION FEES

Adults (16 years & older)	\$4.00
Child/Disabled/Senior	\$2.00

#### DISCOUNT PASS FEES

Adults (16 years & older)	\$100.00/30 swims
Adults (16 years & older)	\$35.00/10 swims
Child/Disabled/Senior	\$45.00/30 swims
Child/Disabled/Senior	\$15.00/10 swims

Passes expire one year from the date of issue and can be used at any City pool.

**Pool Closures:** Sundays; Saturdays starting October 30; Thursday, November 11 and 25; Fridays, December 24 and 31.

**Pool Closed December 31-April 10, 2011**

- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times
- All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee and wear proper swim attire at all times.
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit and in the water at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

#### WATER FITNESS

**ABC** – (Sept 27 – Dec 29)

Aquatic Body Conditioning is a medium paced cardiovascular workout designed for an overall body exercise emphasizing all the major muscle groups.

**Mon/Wed/Fri 8:00 am – 9:00 am**

**Arthritis** – (Sept 27 – Dec 29)

A gentle paced workout that focuses on stretching and range of motion of all major joints and muscle groups.

**Mon/Wed/Fri 9:30 am – 10:30 am**

**Deep Water** – (Oct 3 – Dec 29)

This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Deep-water exercise is non-impact and provides resistance to all major muscle groups.

(Participants must feel comfortable in deep water.)

**Mon/Wed/Fri 10:30 am – 11:30 am**

#### FEES

Adults/Seniors	\$3.50/class
DISCOUNT PASS	\$30.00/10 classes



**RENTALS**– All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

**SAFETY CHECKS**– There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

**EMERGENCY TESTING**– All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated

**VOLUNTEERS NEEDED!**– Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit

[www.sandiego.gov/park-and-recreation/general-info/volunteer.shtm](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtm)

**DONATIONS**–By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619)525-8235.

**All Aquatic Programs, Schedules and Fees may change and/or be cancelled without notice.**

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request

## CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a multi-cultural recreational swim organization for youth ages 5-17 years old, which offers a quality, safe and affordable program that is committed to developing well-balanced athletes who compete at the local level. The goal of CSDS is to encourage personal challenges through competition and organized practices; and to promote spirit by supporting each other, working together and **HAVING FUN!**  
**Prerequisite: Successful completion of Competitive Skills I & II, or Pool Manager's approval.**

### WHITE TEAM - (Starts September 13)

Mon/Wed/Fri 4:00 pm - 5:00 pm

**\$25.00/month**

### SILVER TEAM - (Starts September 13)

Mon/Wed/Fri 5:00 pm - 6:00 pm

**\$25.00/month**



### Competitive Skills I & II

Mon/Wed/Fri 6/50 minute sessions **\$54.00**

Session 1 September 13-24  
Session 2 September 27-October 8  
Session 3 October 11-22  
Session 4 October 8-November 5

**Competitive Skills I:** Course focuses on perfecting Freestyle and Backstroke. Includes starts, flip turns, circle swimming and using a pace clock.

Mon/Wed/Fri 4:00pm-4:50pm

**Competitive Skills II:** Course focuses on perfecting Butterfly and Breaststroke. Includes starts, open turns, streamlining, knowledge of time/distance sets, and advanced use of pace clock.

Mon/Wed/Fri 5:00pm-5:50pm



### YOUTH WATER POLO - (Starts September 14)

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday/Thursday 4:30 pm - 6:00 pm

**\$25.00/month**



All City of San Diego Parks, Pools and Beaches are Smoke Free.

## SWIMMING LESSONS

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. For full descriptions of all classes please contact the Pool Manager or log on to: <http://www.sandiego.gov/park-and-recreation/aquatics>



### **Tuesday & Thursdays (4 WEEK SESSIONS)**

8/40 MINUTE CLASSES

Session 1 September 14 - October 7

Session 2 October 12 - November 4

Session 3 November 9 - December 9 (No classes November 11 and 25)

**\*ALL CLASSES ARE SMALL GROUP \$81.00**

4:00pm-4:40pm	Tiny Tots	Tiny Tots/ Advanced Tots
4:45pm-5:25pm	Advanced Tots	Beginner 1
5:30pm-6:10pm	Super Tots	Beginner 2
6:15pm-6:55pm	Beginner 3	Advanced Beginner

**NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE**

<b>Fees:</b>	<b>Resident</b>	<b>Non-Resident</b>
Small Group	<b>\$81.00</b>	<b>\$162.00</b>
Semi Private	<b>\$151.00</b>	<b>\$302.00</b>

(Semi-Private: Students must register together and be at same swimming ability. 5/30 min lessons)

**Private \$181.00 \$362.00**

(5/30 min lessons)

### REFUND POLICY

Extra care should be given to the selection of classes.

**There are NO REFUNDS OR CREDITS.** Class transfers towards another aquatic program may be requested and must be authorized by the Pool Manager. **Full refund will be granted only if class is cancelled by the Pool Manager**

### HEALTHY SWIMMING

#### KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Change swim diapers in the restroom or a diaper changing area and not at poolside. Germs can be spread in and around the pool.
- Wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.
- All Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.
- Don't swallow pool water. Avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers.

Patrons please abide by the "no street shoes on the pool deck rule."